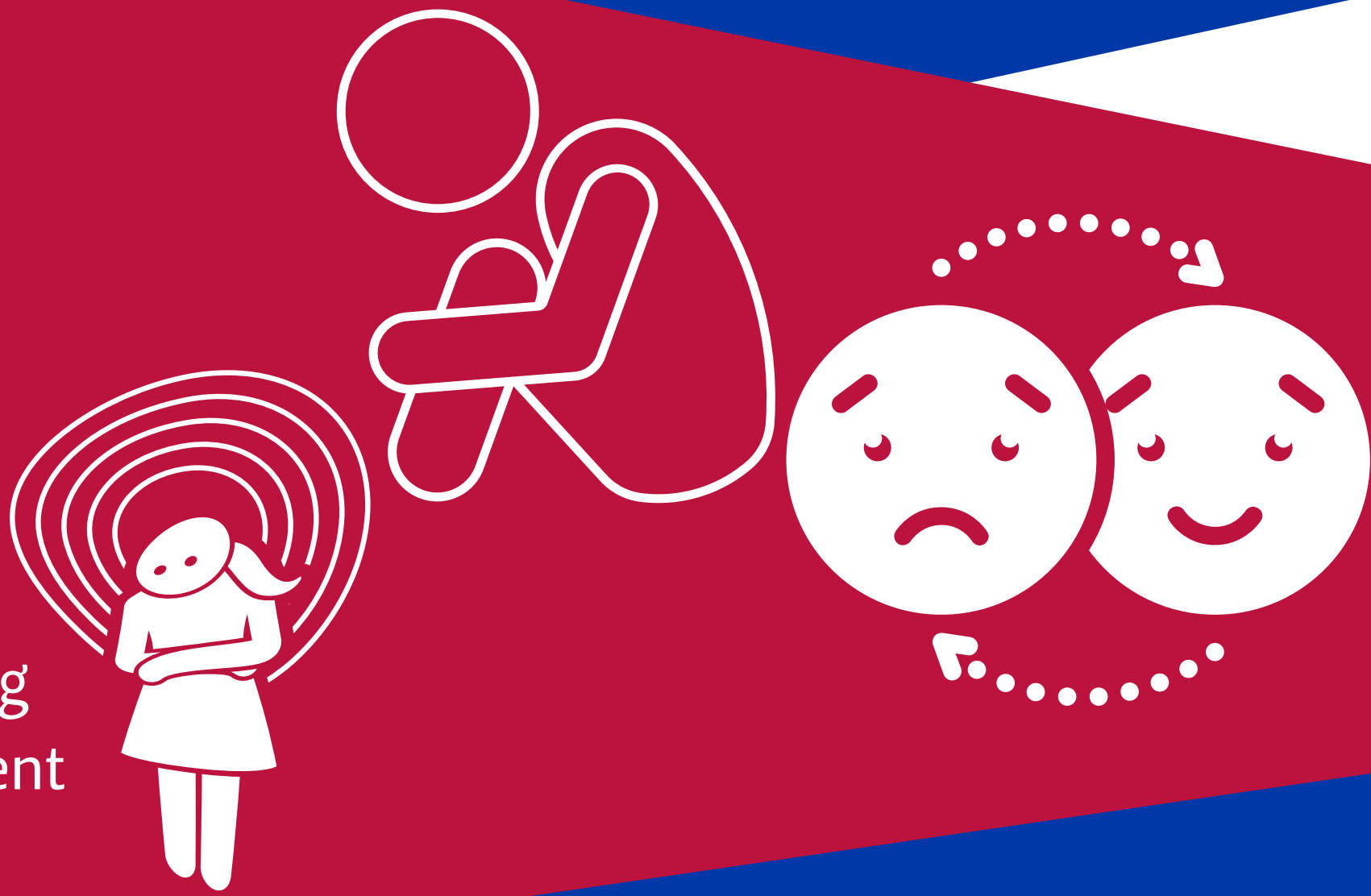


#WELLBEINGWARRIORS #SUICIDEPREVENTIONMONTH

WARNING SIGNS

- Preoccupation with death
- Withdrawing
- Saying goodbye
- Poor self-image
- Receiving a medical diagnosis
- Talking about committing suicide
- Changes in emotions/behaviour
- Changes in basic self-care functioning
- Experiencing a crisis or traumatic event
- History of major life challenges
- Drug and alcohol abuse



DO'S AND DON'TS

- Do not take on too much responsibility
- Ask if you can phone a loved one
- Know the boundaries
- Be aware of the signs
- Don't be judgemental
- Don't take it lightly
- Feeling unsure – refer or consult
- Speak up if you are worried
- React fast in a crisis
- Offer help and support



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#WELLBEINGWARRIORS

#SUICIDEPREVENTIONMONTH

How do I help someone who may be suicidal?

- Listen
- Remember: suicidal behaviour is a cry for help
- Take it seriously
- Build a relationship
- Be direct – don't shy away from asking about suicidal thoughts
- Follow-up is essential

HELP



- Be willing to give and get help sooner rather than later
- If you are worried about the person hurting themselves, do not leave them alone
- Urge them to seek professional help
- Don't promise to keep their intentions a secret
- Instill a feeling of hope to decrease feelings of helplessness
- Encourage them to use emergency numbers when necessary

← hope →



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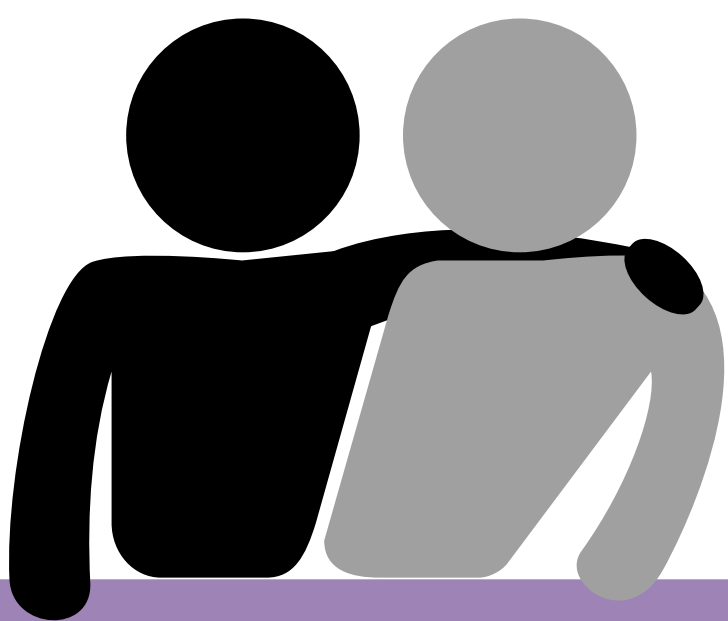
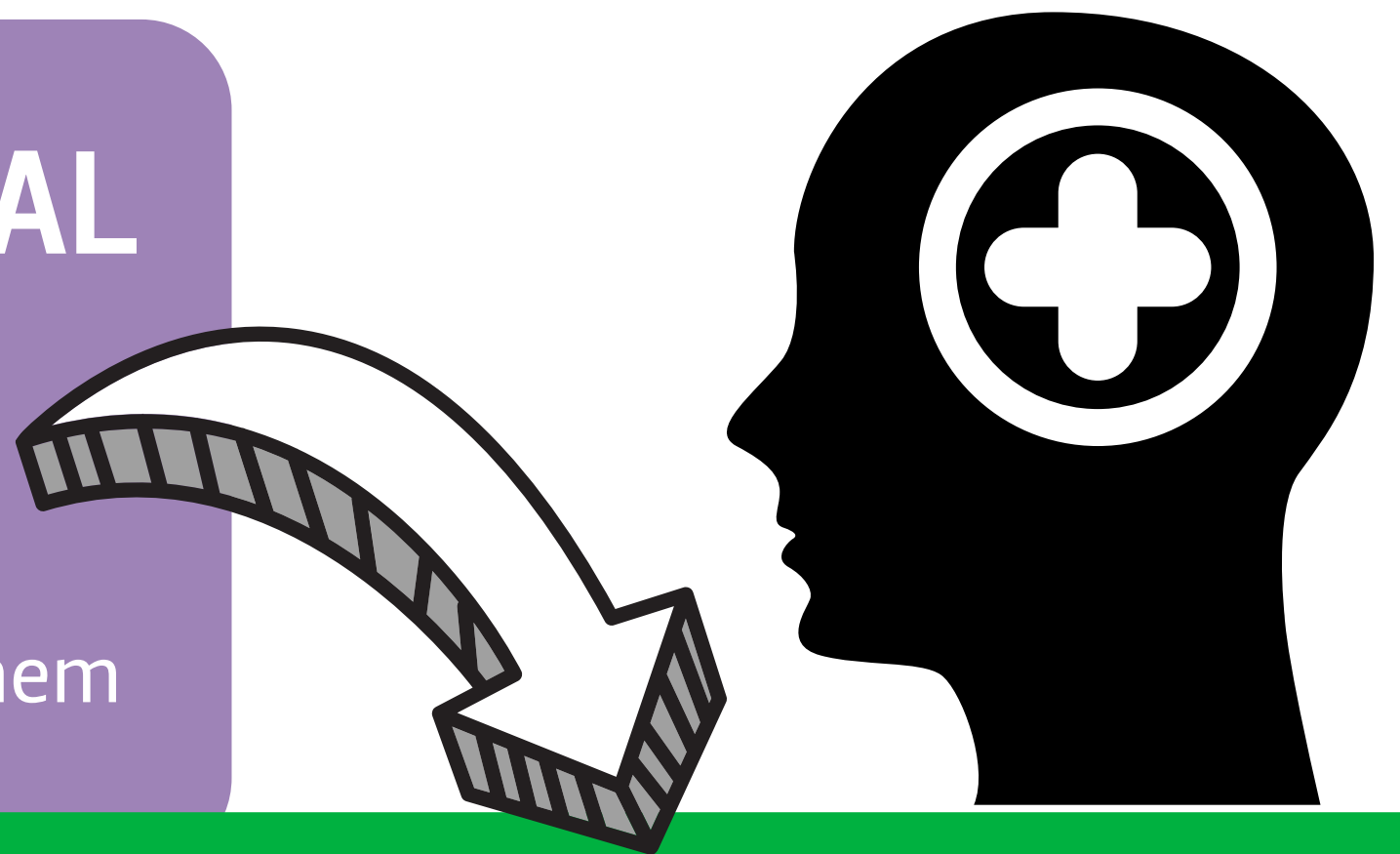
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#WELLBEINGWARRIORS #SUICIDEPREVENTIONMONTH

How do I cope with suicidal thoughts?

TALK TO A PROFESSIONAL

- Someone objective
- Safe space to express feelings
- Learn coping mechanisms and use them

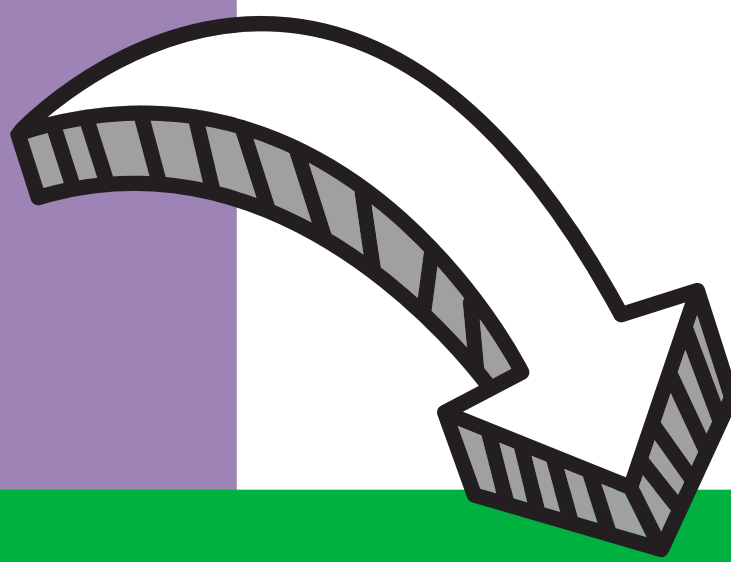


GET SUPPORT

- Identify your support system
- Talk to them if needed

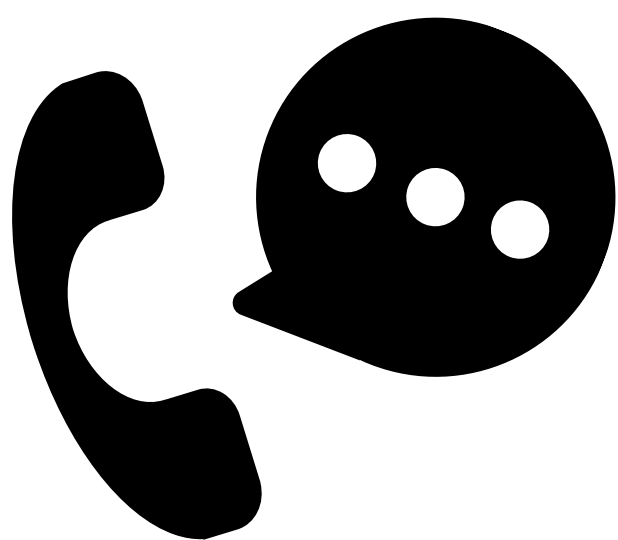
KNOW YOURSELF

- Warning signs
- Triggers
- Emotions & thoughts
- Know your boundaries



OTHER RESOURCES

- SADAG: 0800 567 567 / SMS 31393
- UFS Student Careline:
0800 00 63 63 / SMS: 43302
- helpline@sadag.org



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